

*Because kids don't come with directions!*

# PARENT PAGES

A quarterly digital publication from the  
Howard County Office of Children and Families

JUNE / JULY 2018

## DCRS *on the move*

The Howard County Department of Community Resources and Services (DCRS) provides vital human services through its eight offices, which will be located together for your convenience:



- ▶ ADA Coordination
- ▶ Aging and Independence
- ▶ Children and Families
- ▶ Community Partnerships
- ▶ Consumer Protection
- ▶ Human Trafficking Prevention
- ▶ The Local Children's Board
- ▶ Veterans and Military Families

410-313-6400 (VOICE/RELAY) • [www.facebook.com/HoCoCommunity](http://www.facebook.com/HoCoCommunity) • [www.howardcountymd.gov/communityresources](http://www.howardcountymd.gov/communityresources)

To serve you better, in Summer 2018, all DCRS offices will be moving to the Howard County community resources campus located at:

**9830 Patuxent Woods Drive  
Columbia, MD 21046**

## Summer Plans with ReadyRosie

Are you one of the many Howard County parents that have signed up for ReadyRosie, the free program offered by the county for parents of children ages birth to five? If so, you are already getting many ideas on how to make every day moments fun as well as learning ways to help keep your child's mind sharp over the lazy days of summer.

This week's SummerSoar information has several examples of ways to turn everyday problems into opportunities for learning empathy and collaboration. Also included is advice from parenting expert, Becky Bailey, on how to keep your kids from fighting. See how your family can create a win-win for everyone!



### Keep It Up

PreK - Work together to try to keep a balloon in the air by tapping it up. See how many taps you can count before it falls to the ground.



### Sharing Goldfish

PreK - Talk about some math and fair shares by discussing how to equally divide up a snack.



### How can I stop my kids from fighting?

PreK - Children are going to fight and tease one another. Use conflict to teach the life skill of using words to communicate how they feel and what they need.



### Ring Around the Rosie

ReadyBaby - Join hands in a circle and sing together, "Ring around the rosy. A pocketful of posies. Ashes, ashes, we all fall down!" Fall down and then stand up and sing it again!

To **learn more** about [ReadyRosie](#)

To **register** for [ReadyRosie](#) (free for Howard County families)

## Launching Conversations



## for College Parents

Graduation is over and now is time for parents to help their teen prepare to head off to college. Making sure that you have covered all the basics before your child leaves your watchful eye can feel like a daunting task. One resource to help in this transition is, **College Parents Matter, have the conversation**, a site created by The Maryland Collaborative to Reduce College Drinking and Related Problems. Created because, “*the number one thing parents wanted to know was how to have*

*meaningful communication with their college-attending child: how to start an important conversation, and what to say to increase the likelihood that their child would listen and make a smart decision.*”

This site provides tools and scripts to improve communication with your teen. It offers eight high risk drinking situations to talk about and seven tips for good communication to help parents feel empowered to broach conversations that can be difficult.

Another topic to discuss is mental health. NAMI, National Alliance for Mental Illness, states that 75% of all mental health conditions begin by age 24; that’s why the college years are so critical for understanding and talking about mental health. It is natural to have emotions that are up and down; 30% of college students have felt down at some point during the college years. Talk with your child so they have a plan and know where to turn in times of need, such as the guidance office or a trusted adult.

Also important to note is that once a teen turns 18, not all information is shared with parents unless an authorization form is completed. Referring to resources before they leave is extremely helpful to best understand how to have supports in place. NAMI’s new guide for college students and families, **Starting the Conversation**. College and Your Mental Health, is available online at [www.nami.org/collegeguide](http://www.nami.org/collegeguide)

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## Summer Lunch Programs for Howard County Children

Howard County School System, partnering with US Department of Agriculture's National School Lunch Program will offer a **summer lunch program**. (There are no costs to the school system.) This year’s school sites are Laurel Woods Elementary, Talbott Springs Elementary, Harper’s Choice Middle and Oakland Mills Middle schools. Also added will be a mobile distribution location at the East Columbia library.

The program **starts June 25 and closes Aug.17**. The elementary school sites are open from 12:30 p.m. to 2 p.m. and the middle schools and library are open noon to 1:30 p.m. It will be open to all students. No child will be turned away if they are under the age of 18. The sites will not ask the children for their names, proof of attending a county public school or home addresses.

In addition, Howard County Department of Community Resources and Services under the Achieve 24/7 initiative has a **summer weekend meal program**, the **Weekend Warrior Backpack Program**. (Available at Laurel Woods Elementary, Harper’s Choice Middle School, Oakland Mills Middle School, School and the East Columbia Branch Library.) The program, coordinated by the Roving Radish meals program, provides a free backpack of lunches and snacks for children to take home on Fridays for the weekends.

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Join the Summer Reading Program through  
Howard County Library System



Tips from Child Mind Institute To Keep Kids Reading This Summer

## Free Online Language Learning Through Howard County Library System



Parents are more excited than ever to introduce languages to their children at younger ages, when they are very open to learning them. We live in an increasingly diverse world where communication is essential. Whether you want to help children learn a new language, reinforce their native tongue, or learn a new language yourself, HCLS offers the following FREE online tools to all county residents:

**Little Pim:** Expose young children up to age 6 to foreign languages with brief video vocabulary lessons, available in Spanish, French, German, Italian, Russian, Chinese, Japanese, Arabic, and Hebrew.

**MUZZY Online:** Kids ages 6 and up can watch videos, play interactive learning games, and get animated vocabulary lessons in Spanish, French, German, Italian, Mandarin, Korean, Russian, Portuguese, and English.

**Mango:** Teens and adults can engage in fun, conversational online lessons in more than 70 languages. Create a free account with your e-mail address and keep track of your learning progress. A free mobile app is available for Apple & Android devices to learn while on-the-go.

**Pronunciator:** Take your language skills to the next level. Learn 80 languages in any of 50 languages- for example, a native French speaker can learn Chinese in French! Also includes ESL for 50 non-English languages.

**Rosetta Stone Online:** Engage in a proven language immersion method that more than 22,000 schools and 12,000 businesses have trusted for more than 20 years. Select from 30 languages structured around core lessons in reading, writing, speaking, and listening. Microphone required for speaking lessons.

To learn more and view all options, visit: <https://hclibrary.org/research/online-classes/>

## Summer Ideas from Child Mind Institute



### Ideas for Getting Your Kids Into Nature

How to make being outdoors fun and rewarding for kids inclined to stick to their screens.

### Strategies for a Successful Summer

Tips for managing your kids' downtime to help make it relaxing for everyone.

### 13 Tips for Helping Anxious Kids Enjoy Summer Camp

How to clear the fear to make way for a formative experience.

### Summer Success Kit for Kids With ADHD

School's out, but children still need structure and support.

**Want to find things for your child to  
learn this summer anytime or  
anywhere? Try the Khan Academy  
app. It's FREE!**

**Khan Academy**

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